

***Saratoga County Pre-diabetes Coalition  
Meeting Notes: March 28, 2017***

1. Welcome and Introductions – see Attendance List
2. Recap of last meeting, review of meeting notes. (All meeting notes posted on Saratoga County Public Health website for future reference.)
3. Saratoga Hospital 2016 Diabetes Program Summary Highlights
  - a. Increases in the following from 2015: # patients seen with type 1 DM, # seen with gestational diabetes, # 19-44 year olds seen, racial diversity up to 14% from 0.8%, Endocrinology referrals
  - b. Decreases in the following from 2016: # patients on Medicare seen with type 2 DM, primary care referrals
  - c. Practice changes in past year: Glens Falls Hospital Endocrinology joined Saratoga Hospital Medical Group, bringing 8 providers and three diabetes educators to the practice of 3 providers. The practice now sees younger patients, many of whom have type 1 DM. The self-management classes were not held in 2016 due to program challenges, which would account for the drop in volumes of seniors on Medicare.
4. “Nourish Your Neighbor” Update
  - a. Public Health’s intern is working on faith-based outreach. She has contacted 70 local churches to promote the program. She has been meeting with pastors and distributing program supplies.
  - b. New Life Fellowship is sponsoring a food drive on April 1. Amanda Duff gave them the program materials and encouraged them to incorporate into their food drive.
  - c. Saratoga Hospital’s food drive is underway and runs until Friday. The hospital and 4 off-site locations are collecting donations from staff, employees and the public at-large. The response has been great and many more healthy items have been donated compared to past food drive. Sara LaFountain-Bagrow was instrumental in promoting the program. She sent a press release to The Saratogian, which was prominently featured last week. The green grocery bags and shopping lists have been very popular. Proceeds will go to the Saratoga Hospital Community Health Center on Hamilton Street.
  - d. St. Stephen’s Church in Schuylerville is hosting a food drive through the season of Lent, which runs until Easter Sunday, April 16. The goal of that drive is to collect 200 lbs. of food.
  - e. Rebecca Carman from Shen School District passed NYN materials along to the HS Key Club and encouraged them to include in their upcoming food drive. She also shared materials with CAPTAIN Services and The YMCA of Southern Saratoga County.
  - f. A benefit for Wilton Food Pantry is scheduled for April 9. Amanda Duff will reach out to the Pantry Coordinator. If he is interested in the program, Lisa Hodgson will bring program materials to that event.
  - g. Sara LaFountain-Bagrow created a jpeg of the healthy shopping list to use when promoting NYN. She will send to Amanda Duff and Amanda will send out to group.

5. The Capital District Food Summit is coming up. Several members of the Coalition plan to attend and will report back to the group. Eat Smart NY will have a display at the event.

#### 6. STRIDES Initiative Update

a. It is very difficult to find a meeting time that works for everyone. Lions prefer meetings in the evening after work and volunteers from other organizations prefer meetings during the work day. It was suggested that this Coalition meeting be extended by 30 minutes to allow for some STRIDES planning. The extended meetings will start next month in the same location as the Coalition meetings.

b. In addition to these work group meetings, monthly meetings of the full STRIDES Planning Committee will take place on the first Wednesday of each month at 5:00 or 5:15 in the Hospital Board Room. A call in option will be available for those who cannot attend but would like to listen in.

c. The Dance Museum will be the location for the event with plenty of room for a vendor fair. Lions are currently seeking a park permit as well and hope to mark off two walking trails to use during the event.

d. Date of event is **Nov. 18**. Featured speaker is Keller Johnson, grandniece of Helen Keller. She will also attend the Lions International Conference in Chicago in July to kick off their diabetes focus for the coming year.

#### 7. Patient Education Booklet, Letter and Plan for Dissemination

a. Amanda Duff showed the new logo to the group.

b. The draft provider letter that will be included with the education packets was reviewed. Suggestions from the last meeting were incorporated into the latest draft. No further suggestions were made at this meeting.

c. The education booklet was reviewed a final time before printing. The only comment made was that the reference on the first page was cut off during printing. Amanda will make sure the reference information prints on the booklets to be distributed. She will send members the electronic version of the booklet so they may print as needed. A question was raised about whether to distribute the booklets to pediatrician offices. The decision was made that the booklet would need to be adapted for that audience at a later time. Public Health will print the booklets as needed and will print some for food pantries, schools, waiting areas of health centers, offices, urgent care and emergency departments and other community locations in addition to physician practices. Fifty booklets will be printed initially for smaller practices and 100 for larger practices until the Coalition develops a sense of demand for these materials. The goal is to begin outreach to the practices the first week of April.

d. The practice survey was reviewed. A suggestion was made that responses may be better if the form is used as the order form for more booklets. Another thought was to use an electronic survey that would allow practices to email or fax their responses back instead of mailing them. Requiring mailing would be a barrier to getting surveys back. Face to face conversations with the office staff when dropping off booklets is highly recommended. This may be the best way to get feedback about the booklets, distribution process, etc.

e. The booklets will be distributed to Coalition members prior to the next meeting, on April 25. Based on sign ups to contact county providers, a plan for rolling out the booklets will be developed in the next few weeks.

f. Several versions of business cards using the new Coalition logo and Public Health contact information were distributed. Members indicated which format they preferred. The version with the most votes will be printed and included in the patient education booklets.

#### 8. Diabetes Support Group, Clifton Park Senior Center

Public Health is facilitating this group, which meets two Fridays a month at 11:00. They are well-informed and looking for speakers in all areas of diabetes self-management and education. The Office of the Aging is also providing senior workshops and health screenings. The workshop "What is Pre-Diabetes?" has been requested by 5-8 local senior centers.

#### 9. Calendar of Events

The idea was presented that it may be worthwhile to create a Calendar of Events for Saratoga County that would include all events and activities that apply to Coalition members and/or the target audience. Members are invited to bring upcoming events to the next meeting.

#### 10. Other announcements

a. The Commissioner of the NY Bureau of Nutrition at the NYS Department of Health offered to attend a future Coalition meeting to discuss Coalition-building and sustainability and to provide a program update from his office. The May 23 may be a good meeting for him to attend.

b. A new RFP from the NY Health Foundation, "Supporting Healthy Communities", has just been issued. This funding would support the sharing of initiatives at conferences.

c. Members were invited to distribute Coalition flyers to promote the organization and grow interest among local organizations to become involved.

d. Hadley-Luzerne is planning to hold a community health fair in June, the first in many years. The towns cover Saratoga and Warren counties. They hope to include insurance navigators, local payers, health screenings, etc.

#### 11. Next steps:

a. members asked to bring lists of upcoming events to next meeting

b. plan to roll-out education booklet/survey/letter distribution will be developed in next few weeks

c. business cards will be printed

d. outreach about Nourish Your Neighbor will continue

12. Meeting adjourned at 1:00. Next meeting: April 25 at 12:00 at 59D Myrtle Street, second floor conference room. STRIDES work group meeting will follow immediately after at 1:00.